

Physical Education and Recess State Policy Classification System (PERSPCS)

PE Time Requirements – Elementary (ES) Middle (MS) and High (HS) Schools

Score	Description
5	ES: State requires students in public ES to participate in PE for a minimum of 150 minutes per week. MS/HS: State requires students in public MS/HS to participate in PE for a minimum of 225 minutes per week (or the equivalent in credit(s) based on the Carnegie unit).*
4	ES: State requires students in public ES to participate in PE for a minimum of 90 minutes per week but less than 150 minutes per week. MS/HS: State requires students in public MS/HS to participate in PE for a minimum 150 minutes per week but less than 225 minutes per week (or the equivalent in credit(s) based on the Carnegie unit).
3	ES: State requires students in public ES to participate in PE for a minimum 60 minutes per week but less than 90 minutes per week. MS/HS: State requires students in public MS/HS to participate in PE for a minimum of 90 minutes per week but less than 150 minutes per week (or the equivalent in credit(s) based on the Carnegie unit).
2	ES: State requires PE for less than 60 minutes per week; or state requires PE (daily / weekly / annually) without a specified time requirement. MS/HS: State requires PE in MS/HS for less than 90 minutes per week; or state requires PE (daily / weekly / annually) without a specified time requirement.
1	ES/MS/HS: State recommends a PE time requirement; or state requirement for physical activity includes an option for PE.
0	ES/MS/HS: No PE requirement.
	<u>Potential enhancement factor:</u> Applies if state specifies daily participation in PE. <u>Potential inhibiting factor:</u> Applies if state permits substitution for PE based on a course or activity; or if state specifies that PE instruction is not required for the full school year.

*Credit are not specified, 1.0 credit unit is equivalent to 120 hour/year of PE instruction.

Staffing Requirements for PE – Elementary (ES) Middle (MS) and High (HS) Schools

Score	Description
4	ES/MS/HS: State offers certification / licensure /endorsement to teach PE and requires newly-hired PE teachers to have certification / licensure / endorsement and a college major (or a minimum of 30 credit hours) in PE (to fulfill certification / licensure/ endorsement requirement or otherwise).
3	ES/MS/HS: State offers certification / licensure / endorsement to teach PE and requires newly-hired PE teachers to have certification / licensure/ endorsement and a college minor (or a minimum of 15 credit hours) in PE (to fulfill certification / licensure /endorsement requirement or otherwise).
2	ES/MS/HS: State offers certification / licensure / endorsement to teach PE and requires newly-hired PE teachers to have certification / licensure/ endorsement and preparation that is less rigorous than a college minor (e.g., less than 15 credit hours) in PE (to fulfill certification / licensure / endorsement requirement or otherwise).
1	ES/MS/HS: State recommends certification / licensure / endorsement) and an academic degree in PE to teach PE.
0	ES/MS/HS: No requirement or no PE.
	<u>Potential inhibiting factor:</u> Applies if teacher qualifications apply to most but not all districts (e.g., not applicable to districts that regularly employ fewer than 20 teachers).

Curriculum Standard for PE – Elementary (ES) Middle (MS) and High (HS) Schools

Score	Description
4	ES/MS/HS: State standards are required for PE that address student knowledge of physical activity, behavioral and motor skills, and health-related fitness; or state requires ES to meet national standards that include such component.
3	ES/MS/HS: State standards are required for PE that address student knowledge of physical activity, behavioral and motor skills, or health-related fitness, but not all such components.
2	ES/MS/HS: State standards are required, but by reference to a curriculum framework (or the equivalent) only.
1	ES/MS/HS: State recommends standards /guidelines for PE.
0	ES/MS/HS: No requirement or no PE.

Assessment of Health-Related Fitness – Elementary School

Score	Description
4	ES: State requires students in appropriate grade(s) (e.g., grade x and above) to participate in an annual (or more frequent) fitness test that addresses cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition (or a standard fitness test that includes such components). MS/HS: State requires students in MS/HS to participate in an annual (or more frequent) fitness test that addresses cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
3	ES: State requires students in appropriate grade(s) (e.g., grade x and above) to participate in a biannual fitness test that addresses cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition (or a standard fitness test that includes such components). MS/HS: State requires students in MS/HS to participate in a biannual fitness test that addresses cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
2	ES: State requires students in appropriate ES grades(s) (e.g., grade x and above) to participate in a health-related fitness test at least once in ES, with or without specified fitness test components. MS/HS: State requires students to participate in a health-related fitness test at least once in MS/HS, with or without specified test components.
1	ES: State recommends health-related fitness testing in appropriate grade(s). MS/HS: State recommends health-related fitness testing.
0	ES/MS/HS: No requirement or no PE.
	<u>Potential enhancement factor</u> : applies if state (e.g., state education agency) requires a report on results of such testing. <u>Potential inhibiting factor</u> : applies if fitness test is required for only a portion of students in appropriate grades.

Recess Time – Elementary School

Score	Description
4	State requires public ES to provide a minimum of 30 minutes of daily recess that does not substitute for PE.
3	State requires public ES to provide a minimum of 20 minutes but less than 30 minutes of daily recess that does not substitute for PE.
2	State requires public ES to provide recess for less than 20 minutes per day; or requires recess without a time and/or frequency requirement.
1	State recommends recess.
0	No requirement.